

GROUP FITNESS at TRC

Tumbleweed Recreation Center | TRC
 745 E. Germann Road
Nicole Fredrickson
 480-782-2668
 Nicole.Fredrickson@chandleraz.gov

i Participants are required to make advanced reservations for all Group Exercise Classes.

Make reservations at: chandleraz.gov/registration or chandleraz.gov/tumbleweed

\$ All program/class fees are paid during the registration process.

CHANDLER REC Virtual programs are taken online. See registration receipt for complete details

NEW New Class or Time

i **Holiday Hours**
 7 a.m.-5 p.m. 11/11 & 11/29
Closed on Thanksgiving Day 11/28

Canceling your Reservation: In fairness to all patrons, if you cannot keep your reservation, please call 480-782-2900 to cancel. At this time, you cannot cancel online.

DISCOVER. IMAGINE. GROW.
 with Chandler Recreation

November 2024

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
		6:30-7:15 a.m. Challenge Yoga Sarah GXA				
	8:15-9 a.m. Gentle Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Susan GXA	8:15-9 a.m. Challenge Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Christina I. GXA	8:15-9 a.m. Yoga-Pilates Terri GXA	8:15-9:15 a.m. Challenge Yoga Loisann GXA
	8:30-9:15 a.m. Silver Circuit Claudia GYM	8:30-9:15 a.m. Silver Classic Heather GYM	8:30-9:15 a.m. Silver Circuit Heather GYM	8:30-9:15 a.m. Silver Classic Terri GYM	8:30-9:15 a.m. Silver Circuit Claudia GYM	
	9:15-10 a.m. Dance Fitness Christina I. GXA	9:30-10:15 a.m. High/Low Allissa GXA	9:15-10:00 a.m. Strictly Strength Sarah B. GXA	9:30-10:15 a.m. High/Low Allissa GXA	9:15-10 a.m. Strictly Strength Roberta GXA	10 - 10:45 a.m. Strictly Strength Roberta GXA
11:00-11:45 a.m. Zumba Maria GXA	10:30-11:15 a.m. Active Adults on the Move Susan GXA	10:30-11:15 a.m. Tabata Strength Carlyn/Tina GXA NEW	10:30-11:15 a.m. Active Adults on the Move Heather GXA	10:30-11:15 a.m. Strictly Strength Terri GXA	10:30-11:15 a.m. Active Adults on the Move Roberta GXA	10:45-11:30 a.m. Zumba Melanie GYM
12:30-1:30 p.m. Vinyasa Yoga Flow Sarah GXA	4:30-5:15 p.m. High/Low Meredith GXA	5-5:45 p.m. Power Strength Heather GXA	4:30-5:15 p.m. High/Low Meredith GXA	5-5:45 p.m. Power Strength Heather GXA		Strut Your Stuff(ing) Zumba
	5:30-6:15 p.m. Vinyasa Yoga Flow Loisann GXA	6:00 -6:45 p.m. Beyond Barre Monique GXB	5:30-6:30 p.m. XTREME Hip Hop Step Shara GXA	6:00 - 6:45 p.m. Beyond Barre Claudia GXB	6:00-6:45 p.m. MixxedFit Carlyn GXA	GYM EAST 11/25 @ 6:30 p.m. and 11/30 @ 10:45 a.m.
	6:30-7:15 p.m. Zumba Toning Laura GYM	6:15-7:00 p.m. Zumba Scheyla GXA	6:15-7:00 p.m. Zumba Laura GYM	6:15-7 p.m. Zumba Matt GXA		
			6:30-7:15 p.m. Gentle Yoga Marti GXA			

Times and instructors are subject to change.

Group Exercise A (GXA): Max 24 participants
 Group Exercise B (GXB): Max 14 participants
 East Gymnasium (GYM): Max 50 participants